

2004

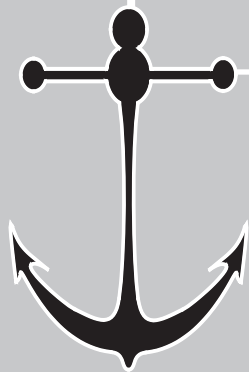
# CAPTAIN'S CUP

SPORTS

## Shamrock 5K



- ▶ NDW Anacostia Annex
- ▶ Check-in is from 9:30-10:30 am
- ▶ Walkers start: 10:30 am
- ▶ Runners start: 11 am



The Captain's Cup 5K Race Series offers the NDW running community four organized runs to compete in for 2004. See rules on the entry form.

### Upcoming Captain's Cup 5Ks:

Tortoise vs. the Hare - May 7

Monster Dash - Oct. 29

Turkey Trek - Nov. 19

**NAVY**  
Naval District Washington Morale, Welfare & Recreation  
*Sports*

▶▶ **March 12, 2004**

- ▶▶ Entry deadline: March 1, 2004
- ▶▶ Fax all entries to 202.433.2422 (see reverse side of flyer)
- ▶▶ for more information call 202.433.2269

# 2004 CAPTAIN'S CUP *SPORTS* Shamrock 5K

## RACE RULES

The Captain's Cup 5K Race Series offers the NDW running community four organized runs to compete in during the 2004 Captain's Cup season. The rules for Captain's Cup are:

- ☐ Your age on the day of the first series race you run is your age for the entire series.
- ☐ Captain's Cup points are awarded to the top three overall finishers in each age group.
- ☐ An awards ceremony will be conducted December 8, 2004 and trophies will be presented to the winners.
- ☐ All runners participating in at least 3 out of 4 races will qualify for a 5K Race Series T-shirt. Shirts will be issued in November.

## ELIGIBILITY

All NDW active duty military and DoD personnel assigned to the: Washington Navy Yard, NDW Anacostia Annex, BUMED, Naval Observatory, NRL, Pentagon, ONI, NAVICE, NAC, White House, NAF Washington and Marine Corps at 8th & I are eligible to participate.

## GENERAL INFORMATION

**Entry Fee** - FREE

**Entry Deadline** - March 1, 2004. There is no registration on the day of the race.

**Check-in** - Begins at 9:30 am on the day of the race on the NDW Anacostia Annex in front of Enterprise Hall, building 72. All runners must show military ID or DoD ID before race numbers will be issued. Runner substitutions will not be permitted. All runners must be checked in by 10:30 am

**Start Times** - Walkers Start - 10:30 am      Runners Start - 11 am

**Am I Registered?** A list of all registered participants will be posted at the NDW ANA Fitness Center (Bldg. 419) and the WNY Fitness Center (Bldg. 22) every Friday by 3 pm. Contact the Sports Director if your name is not listed. Names will not be added 48 hours prior to the race day. Only individuals may call, not group organizers.

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LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_ MI \_\_\_\_\_

AGE AS OF MARCH 12 \_\_\_\_\_ DATE OF BIRTH (MM/DD/YY) \_\_\_\_\_ M/F \_\_\_\_\_

MILITARY RANK \_\_\_\_\_ CIVILIAN GRADE \_\_\_\_\_ WORK PHONE \_\_\_\_\_

COMMAND \_\_\_\_\_ DIVISION WITHIN COMMAND \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

CHECK ONE:      RUNNER \_\_\_\_\_      WALKER \_\_\_\_\_      VOLUNTEER \_\_\_\_\_

**IF YOU ARE A  
RUNNER CHECK  
THE APPROPRIATE  
DIVISION:**

FEMALE RUNNERS  
\_\_\_\_\_ 18-29  
\_\_\_\_\_ 30-39  
\_\_\_\_\_ 40-45  
\_\_\_\_\_ 46 & Over

MALE RUNNERS  
\_\_\_\_\_ 18-29  
\_\_\_\_\_ 30-39  
\_\_\_\_\_ 40-45  
\_\_\_\_\_ 46 & Over

**Waiver:** I know that running is a potentially hazardous activity. I should not enter or run in the MWR Captain's Cup 5K races unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act upon my behalf, waive and release MWR, NDW, and the Dept. of the Navy and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

I agree to release my name and photograph for publicity purposes.

Signature: \_\_\_\_\_ Date \_\_\_\_\_